



SNOWSHOE WORKSHOP

February 11 or 12, 2017
Moose Creek Cabin near Helena

What should I bring?

- Bring your snowshoes if you have them. If you don't have snowshoes you can borrow a pair from us.
- Wear warm winter clothes and dress in layers. Don't forget your hat.
- Footwear should be sturdy snow boots or insulated hiking or hunting boots. Bring what you have, we'll make it work for this short walk.
- Some people find it helpful to use ski or hiking poles while snowshoeing – bring them if you have them.

BOW will provide:

- Snowshoes for those who need to borrow a pair.
- Coffee, tea and water in the cozy cabin.

Beginner Class

The beginner/novice snowshoe classes are **Saturday morning from 9:00am to noon or Saturday afternoon from 1:00pm to 4:00pm.** Choose one class to attend, classes are the same. You'll learn about the different types of snowshoes and their benefits. The class will take a stroll through the forest to practice walking, and learn to travel up-hill and down-hill on snowshoes.



Registration Fee: \$5

Beyond BOW workshops provide opportunities to learn outdoors skills. Workshops are designed especially for women and are an extension of the Becoming an Outdoors-Woman program sponsored by FWP.

**If you can walk . . .
you can snowshoe!**



Intermediate Class

The intermediate class is **Sunday morning from 9:30am to noon.** This class is for persons who have previous snowshoe experience and don't need help putting on their snowshoes. We'll take a longer walk in the forest with less instruction than the beginner class.

The historic **Moose Creek Cabin** is about 14 miles west of Helena. The cabin is equipped with a propane cook stove, wood stove and outhouse.

Registration Form - Snowshoe Workshop - Feb 11 or 12, 2017

Upon receipt of your registration form, we will contact you to confirm your attendance.

Name _____ Year of Birth _____

Daytime Phone _____ Evening Phone _____

Address _____

City _____ State _____ Zip _____

Email Address _____ We correspond mostly by email!

Please check the class you are registering for:

- ☐ Saturday morning (9:00am to noon) Beginner Class - Feb 11th
- ☐ Saturday afternoon (1:00pm to 4:00pm) Beginner Class - Feb 11th
- ☐ Sunday morning (9:30am to noon) Intermediate Class - Feb 12th

I need to borrow a pair of snowshoes. ☐ Yes

☐ No, I'm bringing my own.

My \$5 is enclosed: ☐ Yes

Make checks payable to: **FWP**
Send checks and registration form to:
FWP-BOW
PO Box 200701
Helena, MT 59620

Sorry, no refunds if you can't attend!

I fully understand and acknowledge that there are inherent risks and dangers participating in the BOW Workshop and that my participation may result in injury, illness or death and/or damage to personal property. I understand other participants, accidents, acts of nature or other events may pose dangers that are uncontrollable, and I hereby accept these risks and dangers. I affirm that I am at least 18 years of age and that I am in good enough health to participate in the workshop. I have read and understand the above warnings and risks, and agree to voluntarily participate in this training workshop. I understand that photos or video may be taken for promotion of the BOW program.

Signature _____

Date _____



**Montana
Discovery
Foundation**